

## Feeling Rotten



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I have the flu and I feel rotten! My throat is sore, my nose is runny, I have a headache and cough all night. Have you ever felt like this? At this time of the year many people get the flu.

The reason so many people get the flu at the same time is because of the germs and infection which pass from one person to another. You can catch a flu infection in a lot of ways. You could touch something which has been infected by another person. This is why washing your hands before eating is important. If someone sneezes or coughs without covering their face, the germs can sail through the air, and you might catch the flu.

Here's a fun experiment which will help you to see how one organism can infect another.

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## One Rotten Apple... Two Rotten Apples

### Things you will need

- **One good apple**
- **One rotten apple**
- **Toothpicks**
- **Stickers**

### What to do

1. Place a "healthy" sticker on the healthy apple so you can identify it. In order for this apple to become infected it must come in contact with another apple that has a disease. Take a look at the sick apple. How is it different than the healthy apple?
2. To infect the "healthy" apple, take a toothpick and place it in the "sick" apple. Then push the contaminated toothpick into the other apple. Put the "healthy" apple aside to incubate and allow the disease to grow.
3. In several days, cut the apple up to see how the disease has moved from one apple to the other apple to make it sick.
4. Illness such as the flu, the chicken pox or a cold moves from one person to another through touching. Instead of a toothpick, a sick person's germs are spread by touching with our hands, putting our mouths where someone else's mouths have been, or breathing in the germs that fly through the air. That is why we don't share cups, we wash our hands before we eat, and we cover our mouths when we cough.